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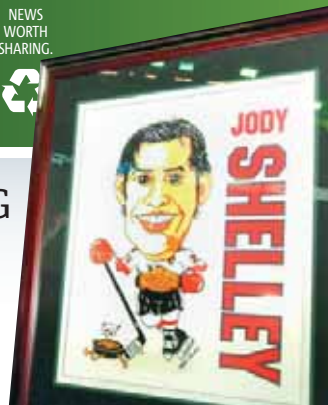
Vampire Weekend songwriter talks about the band's preppy image and new album, *Modern Vampires of the City*

PAGE 16

SHELLEY FEELING 'PRETTY PROUD'

FORMER MOOSEHEADS FAN-FAVOURITE EXCITED OVER TEAM'S QMJHL TITLE, AND TRIP TO MEMORIAL CUP

PAGE 29



Sharing is caring, or it's safer anyway: Group



A cyclist rides down Gottingen during rush-hour traffic in Halifax. DalTRAC is seeking ideas for improving road safety to include in the upcoming Share the Road campaign. DEVAAN INGRAHAM/FOR METRO

Prep work. Public meeting hears from cyclists, drivers, on possibilities for N.S. awareness campaign

CLARK JANG

halifax@metronews.ca

Niki Siabanis knows Halifax roads can be dangerous.

Last year, the second-year Dalhousie master's student was riding her bike down Spring Garden Road when she was almost struck by an SUV.

"I politely informed (the driver) she needed to give me a metre of space," said Siabanis.

"She yelled out, 'What am I going to do, hit the other car and ruin my car?' So she decided it was a better choice to possibly hit me."

Siabanis' experience is

one that she and the Dalhousie Transportation Collaboratory — or DalTRAC — wants to prevent.

The transportation research group hosted a public-engagement session on Wednesday to gather ideas for improving road safety in anticipation of Nova Scotia's first Share the Road campaign.

Around 40 members of the community showed up to share their opinions.

"I was so happy to get so many ideas about slogans, poster design and spreading the word," said Ahsan Habib, a professor at Dalhousie and director of DalTRAC.

The ideas included better road markings, lowering speed limits, and even mimes stopping traffic for pedestrians.

One of Habib's favourites is a "thumbs-up" campaign, with people raising their thumbs to communicate with other road users.

Research

70

The number of campaigns reviewed by DalTRAC to shape their campaign.

"It's a positive message. It's simple. We can start using thumbs-up as the share-the-road sign," said Habib.

The DalTRAC team hopes to launch their campaign in time for Bike Week between May 31 and June 9.

In the meantime, they'll be sifting through the mountains of material they've gathered.

"I'm really excited to see so many ideas flashing out," said Habib.

Online

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'Road to nowhere' going somewhere

But where? Public meeting on Cogswell Interchange will unveil 'fabulous' plans for future of derelict roadway



ALY THOMSON
halifax@metronews.ca

A veteran urban designer says both realistic and avant garde ideas will be brought to the table Thursday as the city prepares for the demolition of the Cogswell Interchange.

But Andy Fillmore, director of the Strategic Urban Partnership, is keeping those concepts closely guarded ahead of the public event at the Harbourfront Marriott, co-hosted by Mayor Mike Savage.

"I can tell you that some of them are pretty fabulous, ranging from grounded and realistic to some really wonderful, imaginative, provocative ideas," said Fillmore.

Fillmore said an eclectic mix of about 20 groups, including the Ecology Action Centre and United Way, have been invited to present their ideas for the six-hectare space once the concrete knot of suspended roads is torn down.

The Cogswell Interchange, known as the "road to nowhere," has been the subject of debate inside city hall for more than a decade.

Council decided to do away with the structure about four years ago following a staff report that said the investment in maintaining it no longer made sense.

An assessment is currently underway to determine the costs and technical implications of removing the structure on the edge of Halifax's downtown.

Fillmore said the results of Thursday's event will be coupled with that assessment to create a master plan.

"We want to make sure that infrastructure and financial factors are not the only things driving what comes next," said Fillmore, adding that public reaction and input will also be recorded on Thursday.

"It's really important that there be a high quality, liveable, beautiful, functional urban neighbourhood that comes out of this."

Savage said public engagement is an important facet of the future of the interchange.

"I do believe now that there's a belief in the community... that we should think big and have a world-class development of some kind on there."



Several community groups and organizations will share their ideas Thursday night for the use of the Cogswell Interchange land after the roadway is demolished. DEVAAN INGRAHAM/FOR METRO

Herald staff walk out over disciplinary action



Editorial staff participate in a "collective break" Wednesday. METRO

Staff at the largest independently owned newspaper in Canada staged a brief walk-out on Wednesday.

Around 30 Chronicle Herald employees gathered outside the Herald building on Joseph Howe Drive for the demonstration.

Ingrid Bulmer, president of the Halifax Typographical Union, downplayed Wednesday's walkout as "collective

15 minute break."

"We're entitled to our breaks, and we've decided to all come out together as a sign of solidarity because of a disciplinary action that has come down for a couple of our members," said Bulmer.

Bulmer wasn't able to give further details about the disciplinary action.

"We just wanted to show that we're in support of one

another," she said.

A source told Metro that management gave out disciplinary notices to some union members regarding a misspelled headline which appeared in Monday's paper.

The typo referred to the paper as the "Chroinicle Herald" in an article praising the Herald's six wins at the Atlantic Journalism Awards on Saturday. The typo went

viral immediately, sparking a Reddit thread and appearing on the Poynter Institute's website.

A picture of the article posted to imgur.com had more than 5,100 views Wednesday.

"The copy editor must have been smoking some chronic-le," wrote user Democedes to the Reddit thread. CLARK JANG/FOR METRO

1 NEWS



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Drink up and walk the line: RCMP runs best bar in town

A day as a Mountie test subject. Reporter and fellow Haligonians get a crash course on the impact of alcohol on motor skills during testing exercise



HALEY RYAN
haley.ryan@metronews.ca

It didn't take long for me to realize dark rum was a bad decision.

The red plastic cup was filled to the brim with rum and cola, but I had to drink a lot more of it under the watchful gaze of Nova Scotia RCMP officers — all before noon.

So I switched to orange juice and vodka. Basically breakfast.

It was 10 a.m. Wednesday when I, along with several other guinea pigs, was delivered to the RCMP headquarters on Oxford Street to participate in a field sobriety testing (FST) exercise as an intoxicated subject.

"It was basically the best bar in Halifax. I mean you just show up, they give you drinks and they're like 'Why isn't he drunk enough?'" laughed fellow participant Brad Stout.

We were separated from

the RCMP students until just after 2 p.m. so they wouldn't be aware of how our behaviour had changed. Our goal was to reach a blood-alcohol level just above the legal driving limit, where drunken behaviour is the most difficult to detect.

The 16 police officers from across the province taking the four-day course were "keeners," the ones who wanted to make impairment detection a specialty.

I blew into an Intoximeter machine after finishing five mixed drinks, which measured a blood-alcohol concentration (BAC) of 0.108 — well above the charging threshold of 0.09.

The officer holding up the breath tube asked me to take a really deep breath for the machine, because the air sitting in the bottom of your lungs is closest to the alcohol in your stomach.

I was also told the Breathalyzer machine has actually been phased out over the last few years in favour of the superior Intoximeter. Breathalyzer is more of a brand name used for a standard product, like Kleenex.

Then came the tests.

The RCMP students huddled in groups of four or five around their papers as they watched me walk a straight line, stand on one foot, and follow a pen with my eyes without moving my head.

Spotting a tell

"There will definitely be a sign to say there is something wrong here."

Const. Kyle Doane on the various tells police look for in trying to identify a potential drunk driver at first glance.



RCMP Const. Ken Wakelin tests Metro reporter Haley Ryan during field sobriety training at the RCMP headquarters Wednesday. DEVAAN INGRAHAM/FOR METRO



A participant walks down a tape line during a mock field sobriety test at RCMP headquarters in Halifax on Wednesday. Police invited several volunteers, including Metro reporter Haley Ryan, to become intoxicated in order to better train RCMP officers in the identification of impaired drivers. DEVAAN INGRAHAM/FOR METRO

By the numbers

53

Number of people charged with impaired driving in Halifax last month.

I thought I did well, especially with the one-foot balancing, but keeping my hands at my sides and completing everything without stumbling, swaying or giggling, was impossible.

I didn't pass.

Const. Kyle Doane said one of the most important things he learned was how an intoxicated eye "skitters" while following a moving pen.

One officer described it as "dry wipers on a car windshield."

"You can't hide the jerking of the eyes, so that's a tool now I'll be able to use

when I'm on the road," said Doane.

By 3:15 p.m. we'd done one more breath test and learned how our BACs stacked up. We ranged from 97 to 162 milligrams, and our own class clown had some parting wisdom.

"It was fantastic. It was for science," Stout said.



Participant Brad Stout blows into the Intoximeter, superior to the common Breathalyzer, during an RCMP training session. DEVAAN INGRAHAM/FOR METRO

Drugged drivers as bad as drunk: Cop

Last year, the Nova Scotia RCMP charged 44 people with driving under the influence of drugs, a number Const. Mark Skinner said has been steadily increasing since 2008.

This week Skinner, who co-ordinates the drug recognition expert (DRE) program, helped test officers on how to determine if someone is driving impaired.

He said most people have gotten the message that drunk

driving isn't acceptable, but many continue to take drugs and get behind the wheel because they think it has less of an effect.

"(They say) I didn't know it would affect me this much, but unfortunately it does," Skinner said.

Skinner said even if a drug has no smell, symptoms like slurred words or bloodshot eyes could prompt an officer to test a driver by the road

Ripple effect

"Their actions have a result, not only with themselves but with other people."

Const. Mark Skinner

and take them back to headquarters where an interview with an expert would be carried out to test blood pressure,

body temperature, pupil size or reaction to light.

Marijuana, the second-most common drug in arrests, still leaves people impaired six to eight hours after their actual high, Skinner said.

He said if people want to drive after drinking or drugs, his advice is simply: Don't.

"Their actions have a result, not only with themselves but with other people," Skinner said. **HALEY RYAN/METRO**

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Crime prevention. NDP helps fund program for at-risk girls in N.S.

New crime-prevention funding from the NDP government will help address the need for programs targeting at-risk girls in the Halifax area, a youth advocate says.

Samantha Rheame, who works with the newly formed Girls United, said current programs are not effective for young girls.

"A lot of the youth describe the (current) program as being too institutional and not really addressing their needs, and they never end up completing these programs," Rheame said, adding that about 21 per cent of at-risk youth are girls.

"By being able to get them to be the leaders of their program and helping them learn in a holistic way, they will really become engaged."

Premier Darrell Dexter announced the \$12,000 grant on Wednesday.

About 20 girls, aged 12 to 14, will participate in the Lighthouse Program Partnership, which will focus on building friendships and posi-

Spotlight on troubled girls



"We see this as a way of creating the kind of programming we want to continue with."

Premier Darrell Dexter

tive adult role models.

Sharon Martin, program manager of HRM's youth-advocate program, said participants will either be sought out by youth workers or referred to the program by their family.

"These girls are in pretty rough situations. Their life is not a happy one, for the most part," Martin said, adding that the program will start in September.

She said the girls will help design and execute group activities such as camping.

ALY THOMSON/FOR METRO

Bridgewater. Mother's drunk-driving case held

The case of a Nova Scotia woman charged with impaired driving causing the death of her nine-year-old daughter has been put over to June 19.

Candice Roxanne Moore did not appear in Bridgewater provincial court for a hearing on Wednesday. Her lawyer says she needs more time to review the case.

Moore is charged with criminal negligence causing

death, dangerous driving causing death and refusing to comply with a demand for a breath sample.

Police say the 31-year-old woman's daughter was killed on Jan. 19, after the little girl was dropped off at a home in Pleasantville.

They say Olive Moore was standing in the road when she was struck by a van as it left the driveway. **THE CANADIAN PRESS**

Tragic fall

Accident victim lived in Halifax

Police have released the name of the man who died last week in an industrial accident in Clayton Park.

Shaun Patrick McInnis, 47, of Halifax, fell from the roof of a four-storey apartment building at 295 Lacewood Dr. at about 11 a.m. on May 9. He was rushed to hospital, where he was pronounced dead.

A stop-work order was issued on the site, and the provincial Department of Labour is investigating.

The investigation could take a few months. **METRO**

Dartmouth

Pair busted in drug search

A man and woman are facing charges after police allegedly found drugs in a Dartmouth home.

The Integrated Drug Unit carried out a search warrant on Tuesday at an apartment on Lakefront Road. A release from Halifax Regional Police says officers seized crack cocaine, prescription drugs, cash and drug paraphernalia.

A 45-year-old man and 46-year-old woman were arrested and charged with drug possession and possession for the purpose of trafficking. **METRO**



Katherine and Steve van Nostrand lead runners, joggers and walkers along Coxheath Road during a 10-kilometre memorial fun run in honour of their daughter Emma. The run helped raise money for a scholarship in her name. **ERIN POTTIE/CAPE BRETON POST**

Runners pay tribute to young marathoner

Fundraiser. Parents of teen who died during marathon urge others not to be deterred from running

Rare condition

"What Emma had was truly one of those conditions that you would never screen for."

Steve van Nostrand

abnormality.

In one of the photos, the 18-year-old appears relatively strong and in good spirits as she nears the end of the 42-kilometre race.

"That's how well she looked at that stage of the race," her father, Steve van Nostrand, said as he stood next to the collection of photos. "Four kilometres before she collapsed."

He and Emma's mother,

Katherine, both marathon runners, led a memorial fun run at Riverview High School in Coxheath, N.S., on Wednesday to honour their daughter, also raising money for a scholarship in her name. More than 800 people took part.

Katherine said that since Emma's death on May 5, the family has been overwhelmed by the generosity and support of friends and

strangers.

"Certainly, we know that we have times ahead that are going to be tough, but I think that knowing that everyone's behind us will help us a lot and our other three kids, for sure," she said.

The Grade 12 student, who played basketball and soccer, was set to graduate with honours in June. Her family said the memorial scholarship will be handed out each year, including at her upcoming graduation.

"We want it to truly leave a legacy of what Emma believed in. If we accomplish that through this we'll be proud parents," Katherine said. **CAPE BRETON POST**

Panel seeking end to lobster dispute

Fisheries ministers from the Maritimes have agreed to set up a panel in an effort to resolve a lobster-pricing dispute that kept fishing boats tied up throughout the region for days.

Nova Scotia Fisheries Minister Sterling Belliveau said the panel will review several issues including allegations of price-fixing and efforts to set prices before fishermen

set their traps.

"I know as a fisherman that you can literally go out and fish for a week and you do not have a sale price on your day's catch," Belliveau said on Wednesday, after meeting with his counterparts in Amherst, N.S.

The announcement came a day after fishermen headed back onto the water, concluding a weeklong protest that

saw them tie up their boats to draw attention to lobster prices that have fallen to about \$4 per pound in Nova Scotia.

Fishermen have said they are seeking prices similar to last year, \$4.50 to \$5 per



Sterling Belliveau
METRO FILE

pound. But processors have said they can't afford that.

Ronnie Heighton, president of the Northumberland Fishermen's Association, said the panel is a positive step.

Belliveau said the ministers have asked their staff to report back in two weeks with the names of people they recommend to be on the panel. **THE CANADIAN PRESS**



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One government insider says the \$90,000 sent to Sen. Mike Duffy was a gift to help a friend in financial difficulty. SEAN KILPATRICK/THE CANADIAN PRESS

Senator repaid cash, but not on his dime

\$90,000. Gift from PM's chief of staff raises even more accusations of corruption, coverup

Less than a week after the Conservatives hailed Sen. Mike Duffy's "leadership" in repaying \$90,000 in improper housing expenses, it turns out someone else made the bill go away.

Stephen Harper's chief of staff Nigel Wright personally covered Duffy's repayment, the Prime Minister's Office said on Wednesday — a transaction one insider described as a gift between friends that occurred without Harper's knowledge.

Trust no one?

"We can't trust the Senate; obviously the Senate has no credibility on this. We can't trust the prime minister's word."

NDP ethics critic Charlie Angus, who called for a full investigation.

But the surprising transaction is raising questions about just how involved the Prime Minister's Office might have been with an independent audit into Duffy's expenses, and how it later portrayed that audit publicly.

The Senate's conflict-of-interest code explicitly prohibits senators from accepting any gift that "could reasonably be considered to relate to the senator's position." The Senate ethics of-

ficer refused to comment on the matter Wednesday, despite the fact gifts are supposed to be publicly disclosed.

The expense claims of Duffy and two other senators were examined by auditor Deloitte after they were accused of improperly claiming a housing allowance intended to compensate those who must maintain a secondary residence in Ottawa.

Deloitte noted in its report that Duffy stopped co-operat-



Nigel Wright THE CANADIAN PRESS FILE

ing with the audit once the repayment was made. Now the government is refusing to provide any detailed breakdown of the expenses repaid by Duffy, keeping secret the full circumstances under which he was making claims.

THE CANADIAN PRESS

Hadfield once a social media twit



Astronaut Chris Hadfield landed safely on Tuesday in Kazakhstan.

MIKHAIL METZEL/THE ASSOCIATED PRESS

Canadian astronaut Chris Hadfield may have become a worldwide Internet sensation with his dramatic photos, tweets and musical performances from space.

But it took some convincing by his sons to persuade him of the importance of social media in the first place.

He initially balked when they began preaching the

merits of Twitter and Facebook more than three years ago.

During a family Christmas get-together in 2009, his son Evan, who lives in Germany, and Kyle, who is in China, pointed out that they relied on the Internet to find out what's going on.

They got on his case again when his five-month mission was announced in September

2010. They then decided to set up his social-media sites.

Upon his return to Earth this week, Hadfield was hovering at about one million Twitter followers and more than 325,000 "Likes" on Facebook. His photography and music, distributed mainly through social media, earned him news coverage around the world. THE CANADIAN PRESS



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Rescuers digging for survivors after deadly Indonesia cave-in

At least four dead.
Roof collapse during safety training at U.S.-owned mine leaves about 25 trapped

Mining activities at a giant U.S.-owned gold and copper mine in Indonesia were halted Wednesday as rescuers dug through a cave-in mine tunnel looking for about 25 trapped workers, the mine operator said.

Four bodies have been found and 10 miners rescued since the cave-in occurred Tuesday morning. Oxygen was being pumped into the tunnel as the search continued, but the status of the trapped workers was not known.

Heavy equipment cannot be used in the tight space, forcing rescuers to remove debris by hand, according to a state-

ment from PT Freeport Indonesia, a subsidiary that runs the Grasberg mine, which is owned by Phoenix, Arizona-based Freeport-McMoRan Copper & Gold Inc.

"We don't want to be careless because the terrain surrounding the old tunnel is prone to collapse," said police spokesman Lt. Col. Gede Sumerta Jaya. All of the workers are men, and many of those rescued suffered cuts and broken bones, Sumerta said.

He said the cause of the cave-in was unclear. An investigation team from the Indonesian mines and energy ministry was sent to the site, senior ministry official Thamrin Sihite said.

Meanwhile, hundreds of workers blocked a main road about three kilometres from the accident site in solidarity with the victims.

"We need a guarantee from

Quoted

"They were trapped and shouting for help ... but I couldn't do anything."

Kristian Sitepu, safety-training instructor, who was explaining emergency procedures when the accident happened

the management for our safety in working underground," said Ronald Waromi, an action organizer.

The company said 39 employees and contract workers were inside a classroom in the tunnel undergoing safety training when the accident happened. Three workers escaped unhurt on their own.

Instructor Kristian Sitepu was standing in front of the classroom explaining rescue procedures during an emergency when he heard rumbling above the ceiling.

When rocks started fall-



Workers gather in solidarity for colleagues who were trapped after the roof of a tunnel collapsed at a Freeport Indonesia mine in Mimika, Indonesia, on Wednesday. THE ASSOCIATED PRESS

ing, he and those seated in the front row ran and managed to escape unhurt. But he said others were trapped after the only exit quickly filled with

rocks and soil. Some were hit and crushed while trying to get out. He said rescuers arrived a few minutes later with jacks to try to stabilize the tunnel.

Sihite said the training room was built 15 years ago, and about 80 per cent of it is now covered by debris.

THE ASSOCIATED PRESS



5 TAILS, ONE STORY

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New Orleans

Arrest made in Mother's Day parade shooting

New Orleans police say the suspect in a Mother's Day parade shooting that left 19 people wounded has been taken into custody.

Authorities say 19-year-old Akein Scott was arrested Wednesday night in the Little Woods section of eastern New Orleans.

Police said no additional details were available and would not be until Thursday morning.

THE ASSOCIATED PRESS

Thailand

Boy, 3, dies after being left in hot car for 7 hours

Police say a 3-year-old boy has died in Thailand after a teacher left him in a car for seven hours.

Police said Wednesday that Suriyakan "Potter" Pakan was abandoned in a car that a teacher used to transport students.

High temperatures Wednesday exceeded 30 C.

THE ASSOCIATED PRESS



It's not easy getting greens

People push each other to get fresh produce as Greek market vendors hand out free food during a protest in Athens on Wednesday, as the union of Greek farmers markets went on strike. Protesters set up stands and started distributing vegetables to a fast-growing crowd. The market vendors are the latest professional group in Greece to protest a sweeping market liberalization drive demanded by rescue creditors.

THANASSIS STAVRAKIS/THE ASSOCIATED PRESS

Cleveland. Castro to plead not guilty

The lawyers for a man accused of keeping three women in captivity for about a decade say he will plead not guilty.

Attorneys Craig Weintraub and Jay Schlachet told WKYC-TV that suspect Ariel Castro has been portrayed as a "monster" in the media, and after meeting with him Tuesday they don't see him that way. Schlachet says details of Castro's innocence "will be disclosed as the case progresses." **THE ASSOCIATED PRESS**



Ariel Castro
THE ASSOCIATED PRESS

'I am broken because part of me is gone': Bosma's wife

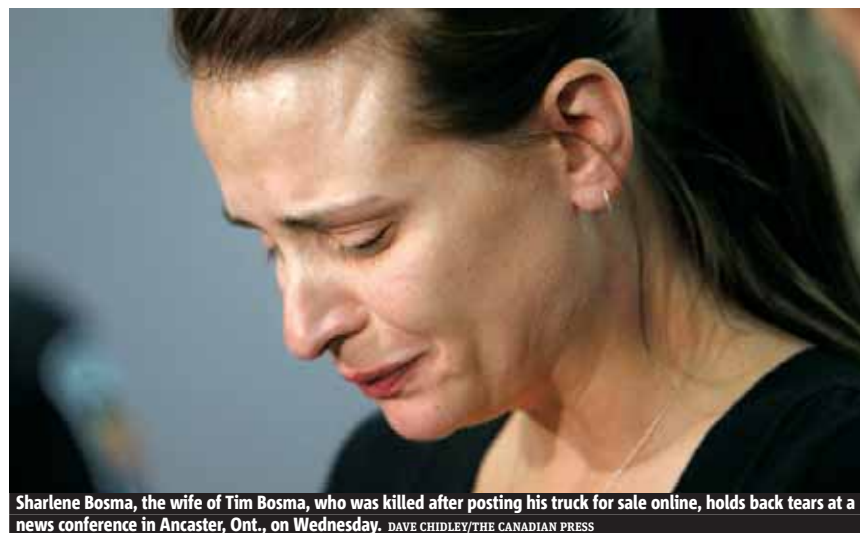
Missing-man case.

Dellen Millard plans to plead not guilty to first-degree murder charge, his lawyer says

The young daughter of an Ontario man who was killed after posting his truck for sale online and taking a test drive with two men will grow up knowing how deeply he was loved, the man's wife vowed Wednesday.

Sharlene Bosma laid her anguish bare in a tearful public statement one day after police revealed that her husband Tim Bosma, 32, who had been missing since the test drive on May 6, is dead.

"Yesterday was the most horrifying day of my life and people tell me I have been so strong, and all I know is that



Sharlene Bosma, the wife of Tim Bosma, who was killed after posting his truck for sale online, holds back tears at a news conference in Ancaster, Ont., on Wednesday. **DAVE CHIDLEY/THE CANADIAN PRESS**

I have a beautiful two-year-old girl at home who now needs her mommy more than ever and needs her

mommy to hold it together, so I know that I cannot fall apart," she said.

"But I am broken because

part of me is gone." Bosma's remains were found in Waterloo Region.

THE CANADIAN PRESS

Background

A fateful online classified ad

Murder victim Tim Bosma posted his 2007 black Dodge Ram truck for sale online — including on the classifieds website Kijiji. However, Kijiji says that the murder suspects would not have been able to contact Bosma through its site.

Bosma did not reveal any personal information on the site.

Dellen Millard, 27, was originally charged with forcible confinement and theft over \$5,000. A charge of first-degree murder was added Wednesday.

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Market Minute



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Natural gas: \$4.07 US (+5¢)
Dow Jones: 15,275.69 (+60.44)

Real estate

Home sales down 3% from year ago

Canadian home prices continued to rise in April even as year-over-year sales fell three per cent, according to the latest industry data that has left economists divided over whether the market can count on a soft landing.

"I think some people are perhaps confused by the fact that we've seen a drop

in sales but prices haven't fallen yet," said David Madani, an economist at Capital Economics.

"But that's normal because prices respond to sales activity with a lag," said Madani, who believes it's still too early to rule out a sharp correction in what until recently has been an overheated market. The real test will be the summer months when the housing market typically heats up, he added. **THE CANADIAN PRESS**



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This file photo shows an Android display at the Google I/O developers' conference in June 2012. This year's version of the conference kicked off on Wednesday in San Francisco. THE ASSOCIATED PRESS FILE

Google unveils music service, Maps redesign

San Francisco. Raft of announcements at developers' conference also cover Google Plus features, online games

who develop applications and other features that can make smartphones and tablets more appealing.

Google's All Access streaming service will allow Android users to listen to their favourite songs and artists for a monthly fee. It launched in the U.S. on Wednesday and will be available in other countries later.

The service is an attempt by the world's dominant Internet company to carve itself a bigger piece of the digital-music pie as more people listen to streaming music on mobile devices.

Google is playing catch-up in the digital-music space after launching its music store in November 2011, but its massive reach on mobile devices that use its Android operating system means it could narrow the gap quickly.

THE ASSOCIATED PRESS

Google's sixth-annual conference for software developers opened on Wednesday with a chance for the company to showcase its latest services.

Announcements include a new phone, new tools for online games, a music-streaming service, a range of features for the Google Plus social network — including tools for sharing and enhancing photos — and a redesign of Google Maps.

The audience of about 6,000 people at Google I/O includes engineers and entrepreneurs

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Property: All that piece or parcel of land situate lying and being known as Civic No. 25 Lovell Street, Halifax, in the County of Halifax, Province of Nova Scotia being more particularly described in a mortgage made between Jeffrey Scott Poirier and First National Financial GP Corporation, which mortgage is recorded at the Land Registry Office for the County of Halifax, as Document No. 91573312. The subject property has been migrated to the Land Registry System and is known as PID No. 41166976; and is subject to the burden of a restrictive covenant and two easements.		
A copy of the description of the property, as contained in the mortgage under foreclosure, is on file at the sheriff's office and may be inspected during business hours.		
Date of Sale: May 22, 2013.		
Time of Sale: 12:30 p.m., local time.		
Place of Sale: Conference Room # 3, 1815 Upper Water Street, Halifax, Nova Scotia.		
Terms: Ten per cent (10%) deposit payable by cash, certified cheque, or solicitor's trust cheque at the time of sale, remainder within fifteen days upon delivery of deed.		
SIGNED at Halifax, Nova Scotia on April 18, 2013		
Adam D. Crane MORRIS BUREAU Solicitor for the Plaintiff 307-6080 Young Street Halifax, NS B3K 5L2		Alan Coley Sheriff for Halifax County

ROMANTICIZING YOUR ROAD TRIP

Time to hit the road, Jack!

The Victoria Day weekend is the unofficial kickoff of Canada's summer (because we're sure as he-- not waiting for real summer) and for me that has always meant road trips.

It could mean a jaunt to a cottage to celebrate Queen Victoria's glorious reign (Her Majesty was known for her gardening, cottage cleaning and barbecue skills). Or it could be a longer journey this summer to see some of this country's most important roadside fruits, such as the Oxford, N.S., blueberry.

Regardless of your travelling tastes, here are a few planning tips to help any road trip go more smoothly, potholes notwithstanding.

Six tips from a roads scholar
Plan (or don't plan) to your liking. If you're the type of person who prefers every part of your trip planned out to the letter, take advantage of modern technology and use Google Maps. If you're more of an adventurer and prefer to have no



HE SAYS

John Mazerolle

metronews.ca

idea where you're going, use Apple Maps.

Choose your travelling partners carefully. For example, don't take your children. On one trip when I was younger I repeatedly sang Sloop John B ("This is the worst trip I've ever been on") to let my parents know the all-expenses-paid road trip they were treating me to was not living up to my exacting 14-year-old standards. I'm still mad at them, because in retrospect they should have left me on the side of the road to die. They would have been right to do it.

Rent a well-equipped vehicle. That way if you can't find a perfect travelling partner, you can still get companionship with the help of the OnStar button. "Is there something broken in the vehicle, sir?" "Only the driver, ma'am. Only the driver." The call disconnects a lot for some reason, so you'll need to keep calling back.

Prepare for emergencies. Be ready for flat tires. All motor-

ists should carry with them a vulcanized rubber patch, a hand pump, rubber cement, and a wading pool filled with enough water to detect a leak in a 17-inch radial.

Do not forget that you are sitting on a pack of Junior Mints and grinding the melted chocolate into the fabric of your rental car. I can't stress this one enough. I can say based on personal research that in 2012 this statistically happened 100 per cent of the time. So be prepared.

Take the road less travelled. By that I mean go to New Brunswick. My home province needs it and will be thrilled to see you, once the shock wears off. Toronto's tourism slogan is "We've been expecting you," which is very apt for Canada's super villain. By contrast, New Brunswick's is "For the love of God please stop the car." If you go you'll be popular and may become an attraction yourself.

And those are my travelling tips. I hope you find them helpful.

Now if you'll excuse me, I have a romantic road-trip weekend planned.

Mrs. OnStar's going to love it when she finds out.

ZOOM

Ghana's space dreams take flight



CHRISTIAN THOMPSON/THE ASSOCIATED PRESS PHOTOS

Satellite is just the beginning

Students use a balloon to launch Deployable CanSat, a soda-can sized model of a satellite, at All Nations University in Koforidua, Ghana, Wednesday. It went aloft to a height of 165 metres and then came back down attached to a parachute.

THE ASSOCIATED PRESS



The project doesn't look like much, yet in this developing West African country, ambitious organizers see it as a sign of bigger things to come.

Only direction to go is up

"Some wonder why we couldn't concentrate on our problems of water, sanitation, health, all those things. I categorically disagree.... Space will help African countries who are very serious with it to leapfrog their development because it cuts across all sectors of the economy."

Prosper Kofi Ashilevi, director of the Ghana Space Science and Technology Center, which recently celebrated its one-year anniversary "We hope that this practical demonstration of what can be done by students like them will generate more enthusiasm, fire up their imagination to come up with more creative things, and show that it's possible that they'll one day be able to launch their own real satellite into orbit," he added.

Click bait



ANDREW FIFIELD

andrew.fifield@metronews.ca

You know what's the worst? The terror of discussing your favourite shows the next day when there's always someone within earshot to give you a tongue-lashing about spoilers. Why should you pay for them being laggards? Try these sites for sharp recaps and witty discussion about the best TV.



The AV Club

The Onion's sister site makes it easy to decide what shows to catch up on by attaching a letter grade to each review. Intrigued by Twitter chat about The Americans? Check its report card here. (avclub.com)

Grantland

Molly Lambert's take on whatever bleak note Mad Men ended on pairs with Andy Greenwald's funny and insightful pieces on Game of Thrones for

Monday afternoon's best one-two punch. (grantland.com)

Vulture

Easily the snarkiest of this lot, Vulture's writers take particular delight in savaging shows that secretly drive you crazy, too. Ahem, The Walking Dead. The hidden gems are the hilarious American Idol recaps, which are much more fun than the actual episodes. (vulture.com)

Comments

RE: \$84 Gelato, And Other Tourist Trap Horror Stories, published May 15

Wow, perhaps people should visit natural features of the planet instead of man-made structures! It barely costs anything to hike or cycle unless you prefer a guide. Can't these tourists do the money conversion to figure out what they're really paying? If people were smart, they would just walk away!
Skippy76 posted to metronews.ca

Twitter

@metropicks asked: Angelina Jolie had a mastectomy after finding out via gene tests she is predisposed to cancer. Would you do the same?

@halla_p: As a mother of two young ones ... You betcha!!!

@GACat: Yes, I would do the same thing. In a heartbeat.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: halifaxletters@metronews.ca

SCENE 2

The power of the stage

Praise Neptune.

Support your local theatre — after all, it creates plenty of economic spinoff in the community



BACKSTAGE PASS
Jenna Conter
halifax@metronews.ca

From New York to London, Paris to Stratford, Ont., as Neptune Theatre's artistic director George Pothitos points out, a city is judged by the quality of its arts.

"I know we want to keep talking about developments with buildings, but let's take care of our arts," he said.

Having just dimmed the lights on their 50th anniversary season, with Canadian premiere shows like *Elf*, and comedic cannibalistic musicals like *Sweeney Todd*, Pothitos and his team dug deep to give Neptune the creative celebration a theatre with its history deserves.

"There is value to having Neptune at the forefront — it's a cornerstone — it helps so many other things. There are many tentacles to it."

Not only does Neptune offer their Open Spaces program, which provides free studio rentals for a select number of smaller theatre companies, Pothitos can't



Neptune Theatre's season-ending musical, *Legally Blonde*, is drawing big crowds. The show runs until May 26. DEVAAN INGRAHAM/FOR METRO

help but make mention of the economic ripple effect that starts as soon as Neptune turns on its lights.

Think about it: You purchase tickets to a Neptune show so you cleverly decide to come early, get a good parking spot, and go to dinner.

When the curtain falls, you realize you told the babysitter you won't be home until 11

p.m. so why not go downtown and grab a drink?

Or, perhaps this is your anniversary treat, so after watching *Elle* discover her own inner strength and graduate from Harvard Law School in *Legally Blonde*, you check into a hotel room for the night. "We create the most jobs, income, productivity and economic spin offs for

the downtown and yet we're at the bottom of the granting lists," Pothitos said.

Though this year Neptune partnered with Scotiabank for a grant that, according to Pothitos, kept the doors of their smaller studio theatre open, there is constant worry that Neptune won't celebrate a century.

So what can we do to keep

our beacon of creativity alive? It's as simple as buying a subscription, Pothitos says.

"Every little bit helps — we have so many artists that work here, in acting and design — we need it to help us maintain and grow. Nothing grows in isolation."

"We want to continue to tell stories and inspire our audiences."



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The apocalypse, some werewolves, a little love

Interview. Author Benjamin Percy talks about his new book *Red Moon* and why the genre is more popular than ever

DOROTHY ROBINSON
Metro World News

Author Benjamin Percy says he's "always loved the epic novel — the kind that swallows up your life, that tangles you in its complicated web — and I've always wanted to write one." And his new book *Red Moon* is just that. The sweeping tome is a mixture of a supernatural thriller (hello, werewolves), a love story and a political allegory all wrapped up in one insanely readable package. Here's how he did it:

How did you come to write a book about werewolves?



Benjamin Percy. HANDOUT

Some of the most lasting horror stories target cultural unease. Consider Frankenstein: The creature embodies the fear of science and technology; man playing God; all of the anxieties that swirled out of the Industrial Revolution. So when I sat down to brainstorm *Red Moon*, I considered what we fear now. We fear disease and

we fear terrorism.

Why do you think that apocalyptic and post-apocalyptic narratives are so addictive these days?

They've been around forever, but since 9/11 there has been a flood of films and novels. The end of the world has never been so popular, because the end of the world has never seemed more possible due to political and economic and environmental unrest.

***Red Moon* is part love story, part horror and part political allegory. But if you had to whittle down the point, what is it?**

I hope my readers feel struck by the political allegory, and I hope their pulse quickens with the love story, and I hope the more horrifying passages scare the pants off of them. Its core — this post-9/11 reinvention of the werewolf myth — is thought-provoking entertainment.

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Vampire Weekend songwriter Rostam Batmanglij is happy to discuss their music. He's also happy to not have to talk about the band's 'haters' anymore. FRANK GUNN/THE CANADIAN PRESS

Vampire Weekend has broke dawn with a sterling new album

Modern Vampires in the City. The often discussed band is relieved the focus is finally back on just their music

When Vampire Weekend debuted to breathless blog fussing five years ago, their pristine blue-sky pop was marred by a few pesky clouds.

The concern that was so crucial to any Vampire Weekend discussion at the time: was their unique, broadly accessible African-influenced pop somehow rendered unpalatable by the group's preppy style, Ivy League educations and occasional penchant for preciousness?

Even in churning out raves, mainstream media made near-constant references to the group's supposedly passionate "haters," while never failing to mention the group's freshly scrubbed sartorial esthetic or

upbringing — in reviews of the band's self-titled debut, Rolling Stone, NME and Pitchfork all dutifully scribbled references to boat shoes, starched shirts and Columbia University.

As the band releases its third album, the sparkling *Modern Vampires of the City*, those conversations have finally faded into the background. And certainly, no one is more relieved than the band's soft-spoken, serious-minded multi-instrumentalist Rostam Batmanglij.

"I think people have maybe a better understand-

ing of who we are and I think that we've always tried to let our music sort of speak for itself and we've always wanted the conversations to be about our music as opposed to other things," he said in a recent interview in Toronto. "So I think that naturally that's happened. There's been an evolution over time."

"I think all of us," he added later, "would rather talk about songs, music and lyrics, as opposed to assumptions based on non-facts. Which was some of the story in the early days."

THE ASSOCIATED PRESS

Influences

Modern Vampires of the City, out this week, shows a band that has matured in the right ways, judiciously shedding all the right elements.

- **What to expect.** The globally derived gaiety of their earlier work has been scaled back, so

their influences are no longer worn on sleeve, but stitched into the band's fabric. The set hits dizzier heights of transcendent anthem-hood — check the chandelier-ornate Step, the giddy sugar rush of Diane Young or the swooning Ya Hey.

Youngblood Hawke swims into the deep

Music. After a false start with another band, Sam Martin and Simon Katz are back with a new band to Wake Up the world

ALEXANDRA
CAVALLO
Metro World News

To hear Youngblood Hawke's Sam Martin talk, you might imagine him some kind of environmentalist, rather than the frontman of a swiftly rising indie pop outfit.

"I think it's important to conserve nature and take care of our earth," he says.

"I feel like one day we're going to look, and it's going to disappear on us, and we're going to wish that we had lived a little bit differently."

He's talking about the inspiration for the music video for the band's single We Come Running, which was filmed entirely underwater and features the band members swimming alongside live



Youngblood Hawke's new album, *Wake Up*, is opening some eyes. HANDOUT PHOTO

sharks. "We wanted to show people that they weren't these man-eating killers. We can't keep slaughtering these animals at the rate we're doing it, because we're going to

completely wipe them out. And the ocean would die."

Indeed, Martin says that if he weren't a musician he'd probably be working in the great outdoors. But he's

otherwise employed, making infectious, up-tempo electro-rock with one of his best college buds, producer Simon Katz.

Martin and Katz have been

Giving it their all

When asked to describe the band's sound, Martin hesitates.

- **Quote.** "I feel like describing music is like trying to describe a colour," he says. "There's rock, there's dance, there's definitely synth and there's some pop elements to it, definitely. ... What separates us is that we have some weirder lyrics that we

balance out with the pop choruses."

- **It's easier to articulate the band's unofficial mission statement.** "We're all kind of excited about life. We just like to give people a great experience. They come to a show and buy a ticket, they should walk away feeling like we gave all of our effort to entertain them."

collaborating ever since the two moved from Colorado to L.A. to start their first band, Iglu & Hartly.

The band enjoyed moderate success, scoring a Top 5 hit in Europe, before dissolving suddenly — and painfully, says Martin — due to strained relationships with other members. The pair seem to be in a much better place now.

"I feel confident in our album and our songwriting abilities. I think we're just

Quote

"I feel confident in our album and our songwriting abilities. I think we're just fortunate to be in this position right now."

Sam Martin
Youngblood Hawke.

fortunate to be in this position right now," he says.



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Brad Pitt and Angelina Jolie

Emotional Brad proud Angelina went public about double mastectomy

No one is as moved by Angelina Jolie's decision to go public about her double mastectomy than her partner, Brad Pitt. "I'm quite emotional about it, of course," he tells USA Today. "She could have stayed absolutely private about it and I don't think anyone would have been none

the wiser with such good results. But it was really important to her to share the story and that others would understand it doesn't have to be a scary thing. In fact, it can be an empowering thing and something that makes you stronger and us stronger."



Twitter



@ewan_mcgregor

It's a beautiful day. Busy and not. Exciting things on the horizon. And where I stand – is pretty lovely.



@GarryShandling

The photographer told me today that "head shots" are not in my acting range.



@daxshephard1

As happy as I am about the renewal, I was kinda looking forward to getting the Parenthood Movie funded on kick starter.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Beyoncé says sorry to Belgium for cancelled gig

Beyoncé felt so bad about canceling a gig in Antwerp, Belgium — on doctors orders because she was suffering from "dehydration and exhaustion" — that she posted a handwritten apology on her

website. "To my dearest fans in Antwerp, I've never postponed a show in my life. It was very hard for me. I promise I will make it up very soon. I'm sorry if I disappointed you," Beyoncé wrote. "Thank you for your concern. I'm feeling much better now and I'm ready to give you a great show. See you tonight." The singer's health concerns almost immediately sparked rumours that she is pregnant with her second child.



Lindsay Lohan ALL IMAGES GETTY

Lohan coping well in rehab despite hiccup

Lindsay Lohan is more than 10 days into her court-ordered 90-day rehab stint at the Betty Ford Center, and it's apparently just fine, according to E! News. "She is doing well. She seems like she's finally adjusted," a source says. There was

reportedly some uproar in the first week when Lohan allegedly discovered doctors wouldn't allow her to take the ADD prescription drug Adderall, but things have settled down, according to the source: "She is just going to have to deal with it."



Amy Winehouse

Amy Winehouse to be immortalized in bronze

Amy Winehouse's parents have enlisted artist Scott Eaton to sculpt a life-size bronze statue of the late singer to be displayed at London music venue the Roadhouse, which happens to be the last place Winehouse performed before her death, according to E! News. "She's going to be in-

stalled on the balcony in the Roundhouse in the Camden area, because Camden is her home where she lived. So she's kind of looking back towards Camden Town from the balcony," Eaton says. "So it's not going to be ... cheesy. She's not with a microphone or anything like that."

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METRO WORLD NEWS

The great Gatsby getup

Silver screen style.

Brooks Brothers GM Deepak Chopra teaches the modern man to mix some movie magic into his wardrobe

It isn't a fashion film if it doesn't have a clothing line attached to it. Brooks Brothers is taking the menswear looks they provided for the screen to the store with its Great Gatsby-inspired collection. Yep, that means you can get a hold of Jay Gatsby's 20s-style tailoring.

"Brooks Brothers is mentioned numerous times in Fitzgerald's writings as a representation of the ultimate gentleman's purveyor of fine clothing to the American man of distinction," says Catherine Martin, the costume designer behind the film's 500-strong ward-

robe, in a statement to the press.

Metro recently had the opportunity to speak with Deepak Chopra, general manager of Brooks Brothers at Royal Bank Plaza in Toronto, to find out about the collection and his must-have suggestions.

Madame of the movies

Tiffany is also toasting the Jazz Age with its new Ziegfeld collection, based on the brand's archival jewelry designs from the 1920s.

The tuxedo

Every man should own a tuxedo, but how many of us do? At the current price point, Chopra says now is the time to invest.

JACKET, \$935; TROUSERS, \$272; BACKLESS VEST \$196; BAT WING BOW TIE, \$60; TUXEDO SHIRT, \$148.



The tuxedo's backless vest features an art deco Greek key design.

The cardigan

The bottle-green shawl cardigan — seen in the movie — is another timeless piece to add to your wardrobe, Chopra suggests.

CARDIGAN, \$168



The linen suit

Perfect for summer, the linen suit offers a sense of relaxed ease. It is available in a number of colours and patterns and the pants can be worn with suspenders or belts.

CARDIGAN, \$168



The waist jacket

While they look good paired with the linen suits, Chopra notes the waist jackets can add a dapper air to a pair of chinos or jeans.

WAIST JACKETS, \$328



Chopra draws attention to the shoes in the collection, which include a wingtip (shown), black patent leather, and a white and brown loafer. \$385 to \$655

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KENYA HUNT
Metro World News in London



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Ashley Kowalewski
The Kit.ca

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The Kit

Canadian street style

Spotted in: Toronto

Emma
Grad Student
Age: 25

What she's wearing

Rag & Bone shirt, Zara shoes and blazer, Material Girl pants, Rebecca Minkoff bag, KBL sunglasses.

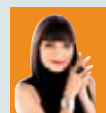
Her inspiration

I'm inspired by street style and fashion blogs. Right now, I love the marriage of spring-floral and colour with simple classic pieces.

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Backstage at the "Most Wanted" benefit fashion show for Princess Margaret.... Beautiful clothes from @MilliCanada

Spoil yourself with a spa bathroom

Whether you're considering a spring renovation or a simple spruce-up to the bathroom, now's a great time to add some luxury touches. This often utilitarian room can be the go-to spot for pampering yourself. All you need to do is introduce a few elements such as lighting, music and accessories. And with summer almost here, the more skin you show the more pampered your skin will need to be, so you better get busy on the bath. Here's a few necessities to help.



DESIGN CENTRE
Karl Lohnes
home@metronews.ca



Lighting

Choose lighting that is flexible enough to be used for daily makeup application at its brightest and that can be dimmed to give a relaxing tone to the room. Tip: Add dimmer switches to everything and look for frosted glass shades to diffuse light. Pimlico Swing Arm Sconce, \$375, restorationhardware.com.



Music

Soft, soothing sounds can turn your plain bathroom into a musical oasis, so why not build it into the ceilings — or right into your shower. The Moxie Shower Head and Wireless Speaker has a portable wireless speaker that connects to any Blue-tooth device to offer up your favourite tunes while in the shower. \$230, kohler.ca.



Baskets

A basket dedicated to your spa treatments helps with clutter control in the bathroom. Soft-feeling felt woven bins, Clean Slate Woven Felt Bin set, \$83, crateandbarrel.com.

Towels

Keep a set of special towels on hand specifically for your spa time. All-cotton towels in soothing neutral colours, GlucksteinHome Spa Collection Towels, \$23, thebay.com.



Tub

Got room for a large tub? Why not make it large enough for two? Perfectly smooth air jets around the tub's perimeter help to soothe and relax aching muscles while bathing in ultimate modern style. Studio EverClean Air Bath, from \$2,900. americanstandard.ca.



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metro

HOUSE & HOME

Thursday, May 16, 2013



The first step to reorganizing or cleaning your garage is to go through your possessions and determine what can be kept and can be tossed. ISTOCKPHOTO/THINKSTOCK

Bring structure to chaos of your garage

RICHARD
WOODBURY
For Metro

Just like an animal in hibernation, garages seem to accumulate a lot of things over the wintertime. These things tend to take the form of useful objects and “a lot of older, outdated, unnecessary things,” says Kari Fraser, the owner of Absolute Organizing.

Trying to bring some structure to the chaos that is many people’s garages is not as daunting a task as one might think.

The first step is to go through one’s possessions and determine what can be kept and can be tossed. Rather than just looking through the possessions, it’s important to transfer them to another space.

“Once you move things,

you get a better look at them,” Fraser says.

This will bring to light the fact some items may be damaged, which is something that may not have been visible in their former space. If something is broken, damaged or no longer useful, get rid of it.

In terms of how to organize the possessions, it is crucial to organize things in categories, such as Halloween decora-

tions, books and sporting goods.

The placement of these categories is another key consideration and should reflect how often you use them.

“The Christmas lights don’t need to be readily available,” Fraser says. “Don’t take up the best reachable spot with things you don’t need every day.”

Be sure to take advantage

of vertical space since that will help you maximize the use of your space. One way of doing this is through the use of shelving. If that isn’t an option and bins are more your style, be sure to use clear bins.

“You won’t have to sift through lots of bins (to find things),” says Andrea Josey, the owner of Happy 2 Organize.

While it may be tempting to use traditional cardboard

boxes, this can cause complications if there are moisture problems in the garage.

“These boxes can be affected and so can the contents inside,” Josey says.

For this reason, it’s a good idea to keep things off the floor.

Above all else, remember that if the system you devise isn’t working, try something different.

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When preparing your lawn for the spring and summer, you will want to rake up any dead grass. ISTOCKPHOTO/THINKSTOCK

Maintaining lawn and order

Preparation. Weeding, fertilizing, raking and top dressing are key for healthy yards

RICHARD WOODBURY
For Metro

If you are hoping to have a healthy, green lawn this summer, the preparation begins today.

"People need to stay on top of their dirt and yard maintenance," says Emily Tregunno, the marketing director with Halifax Seed.

If there is any dead grass, you will want to rake that up, as well as pull up any weeds. The best time for pulling weeds is when the grass is wet since it will be easier to pull weeds up through the softer soil.

The next step is to lime. Tregunno advises that you do this twice a year — once each in the spring and fall.

With Nova Scotia's naturally-acidic soil, applying lime helps bring up the pH level

of the soil to sweeten it (and can be thought of as being like adding sugar to one's coffee).

You should also fertilize every four to six weeks, although not during the peak summer months.

"I would definitely stop during the summer months because your grass isn't really growing," Tregunno says. "When it's really hot or cold, it goes into a dormancy period."

During these dormancy periods, the nutrients that would normally be soaked up through fertilizing are not absorbed, thus making the process wasteful and unnecessary.

To help build up a soil base and the quality of the soil, it is a wise idea to top dress. Basically, this involves spreading top soil over the lawn and then raking it in place.

From there, you will want to apply additional grass seed. It is important to use grass seed, which is mixed with different varieties.

"If you have a mix, you're going to be much less susceptible to any damage due to insects," Tregunno says.

As well, you will need to be careful about what sort of set-

Take a break

"I would definitely stop (fertilizing) during the summer months because your grass isn't really growing."

Emily Tregunno, the marketing director with Halifax Seed

ting the seed is meant for. For example, is the seed meant for use in full sun or full shade areas? For this reason,

it is quite conceivable you will end up using different kinds of seed on different portions of your lawn.

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Kynock uses all locally-sourced raw materials in its products. This helps decrease the firm's carbon footprint and helps support the local economy.

Recently, the company launched a revamped website, kynock.com.

"We now have an online ordering system," Singer says.

The site even includes an area calculator so people are able to calculate how many cubic yards of materials they need for a project.

Kynock offers delivery of its products, but customers can also pick



CONTRIBUTED

up their product at its location at 1993 Hammonds Plains Rd. The location is paved, tidy and well laid out. The yard is easily accessible, even for the novice driver with limited trailer skills.

People are also impressed by the fact they can come to the yard with a clean vehicle and leave with a clean vehicle.

Kynock also carries the other requisite finishing touches for a garden or lawn, such as stone (beach stone, one-inch clear stone), gravel (pea gravel, crusher run and crusher dust) and sand (masonry sand, screened sand and septic sand).



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KYNOCK RESOURCES





It's a wise idea to start small and expand later when you are sure that gardening is hobby you want to pursue. NIKI JABBOUR PHOTOS

How does your garden grow?

Homegrown. Building your own vegetable garden isn't as complex as you might think

RICHARD
WOODBURY
For Metro

Starting a vegetable garden may seem like a huge undertaking, but it's not really that complicated.

"The most important thing you need is to find a sunny place," says Niki Jabbour, a food gardener, garden writer and radio personality.

The amount of direct sunlight you get will determine exactly what kinds of things you can grow. For crops such as tomatoes, cucumbers, eggplant and peppers, this will necessitate getting at least eight hours of sunlight.

If only four to five hours

of sunlight is available, Jabbour recommends focusing on leafy choices, such as salad greens and herbs like parsley.

As far as how small or large an operation to set up, Jabbour has some words of advice.

"You don't want to go too big, too fast," she says.

For this reason, it's a wise idea to start small and expand later when you are sure this is a hobby you want to pursue.

For people not quite ready to make the leap into having their own vegetable plot, you can use containers instead. For those going the container route, you will need to use



Find a sunny spot for your garden, says Niki Jabbour, a food gardener, garden writer and radio personality.

potting soil, which Jabbour describes as being non-negotiable since potting soil drains better, is fluffier and holds air better.

With the traditional plot route, Jabbour recommends establishing one that is four feet by eight feet. It's an easy lumber size to work with and she recommends using treated wood. An alternative is to use rocks and logs instead. For soil, you will need to use garden soil and should also add some compost.

With the seed or seedling

planted, you will need to focus on a few things, including weeding, although Jabbour says this isn't usually a problem for new gardens.

For the first week or two, you will want to water the plot every day. After that, you can let Mother Nature take over, assuming there aren't any extended dry spells.

You will also want to fertilize every two weeks.

"Basically, you're weeding or watching for weeds, fertilizing, watering and that's pretty much it," Jabbour says.

Define your driveway

People looking to change their existing driveway have more than a few options to choose from, including asphalt, concrete, aggregate stone and interlock pavers.

The most common option is plain old black asphalt, which is also the cheapest.

Dave Trudel, the owner of DCT Paving & Concrete, says one of the advantages of using asphalt is its composition, which has a type of self-repairing mechanism.

"If it does heave or crack a little in wintertime, once our summers come around and we hit temperatures of 20 degrees plus, the driveway tends to mend itself because it's a very porous product," he says. "It will kind of tend to work itself back together and seal the crack."

As well, asphalt tends to last 10 to 15 years and is an affordable option, costing around \$3 to \$3.50 per square foot, Trudel says.

From a cost standpoint, a concrete driveway will cost more than twice as much,

at \$7 to \$8 per square foot, Trudel says. However, it has a much longer lifespan.

"Concrete tends to last 35 to 40 years on average," Trudel says.

Exposed aggregate concrete is another option and combines the durability of concrete with the decorative power of stones. It does not require much from a maintenance standpoint, except for a sealant to retain its glossiness. He estimates this option costs somewhere between \$10 to \$12 per square foot.

One other driveway option is interlock stones.

"It gives homeowners the option of having a design, different patterns, different choices of colours, those types of things," says Brian Ross, the business development manager and lead designer for All Points Property Services.

He says interlock stones are a great option if you are looking for something to complement the façade of your home, as well as the landscaping.

RICHARD WOODBURY



From asphalt to interlocking stones, there are a number of options from which to choose for your driveway. ISTOCKPHOTO/THINKSTOCK

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Improve air quality inside

RICHARD WOODBURY
For Metro

Canadians spend 90 per cent of their time indoors and a good chunk of that time is at home, so it's important to enjoy good indoor air quality.

If a home has poor air quality there could be any number of factors behind it, as well as any number of ways to remedy the problem.

With the comfortable temperatures spring offers, opening up some windows is one option. However, if one thinks the outdoor air quality in Nova Scotia is a problem, that's a myth.

"There seems to be a misconception out there that we are the tailpipe of the eastern seaboard," says Robert MacDonald, the manager of health initiatives with The Lung Association of Nova Scotia. "That's not the case."

Nova Scotia's outdoor air quality is good and for reassurance, check out Environment Canada's air quality health index.

Another cause of poor indoor air quality can be carpets. If somebody has carpeting in their home, it is important to have them cleaned regularly or replaced with an alternate form of flooring.

Even the cleaning products one uses can contribute to the poor air quality in a home since they may contain toxic ingredients.

"You want to look at what the chemicals are in the cleaning products you are using," MacDonald says.

Using basic dish soap and water is one option, as are creating some homemade concoctions out of household ingredients, such as baking soda, vinegar and lemon.

Mould could be another



Since we spend a lot of time inside, it's important to enjoy good indoor air quality. JUPITERIMAGES/BRAND X PICTURES/THINKSTOCK

reason for poor indoor air quality in a home and can be found "where there are high moisture levels and a lack of air movement," says yourhealthyhome.ca, a Lung

Association website.

To limit mould growth, it recommends taking steps to control moisture and humidity, as well as allowing air to move throughout the home.

If the problem is a simple one, using some vinegar or unscented dish soap may be enough to solve the problem, MacDonald says.

"Keep surfaces clean and

dry, that's kind of the key here," he says.

One final option is to install an air filtration system, but this should be more of a last-resort option.

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Exterior. Many options of siding from which to choose

RICHARD WOODBURY
For Metro

While new housing developments are seemingly being built everywhere around us, the reality is a lot of Nova Scotia's housing stock is old and in need of renovations to the exterior finish.

While wood shingles were traditionally a popular option in Nova Scotia, they have fallen out of favour because of an ongoing need for maintenance, namely the regular need to strip and paint them.

"There are a lot of homes around that are wood shingled," says Peter Briand, the president of Econo Renovations.

In the local market, siding is the most popular option for exterior finishes, says James Gillis, the owner/operator of Gillis Residential Renovators.

With siding, there are many options to choose from. While aluminum and vinyl were long the traditional styles, new forms



Siding continues to be the most popular choice as an exterior finish for local homes. iStockphoto/Thinkstock

include Cape Cod siding (a type of finished wood siding), HardiePlank (a form of fibre cement), as well as types of siding that mimic stone finishes.

HardiePlank is becoming a very popular option and is

Exterior finishes

"There are a million options."

Renovator James Gillis on the options for exterior housing finishes when renovating

lauded for a few reasons.

"It holds up really well and has more of a traditional look," Gillis says.

Briand appreciates its value in fire prevention.

"It's the only one rated under the fire code for fire separation, so you use them for fire walls," he says.

If people choose to go the route of new siding, they should seriously consider adding insulation and energy-efficient windows as part of the renovation process. The increased energy efficiency from these two investments will pay dividends over time, so it's well worth looking into.

Briand says that in the 1950s and '60s, asbestos shingles were a popular option in Nova Scotia.

BRINGING A FRESH APPROACH TO REAL ESTATE IN HALIFAX

Celebrating its first anniversary in a couple of weeks, Precision Realty is focused on bringing a different approach to real estate in Nova Scotia.

"We're trying to create a fresh, modern way of doing business in Halifax," says owner/broker Joe Faddoul.

Precision's approach is to build stronger relationships with clients, facilitate the deal every step of the way and be available for clients on a 24/7 basis.

The firm consists of nine agents and, as a whole, the team is experienced in the different types of real estate, such as residential and commercial sales, as well as commercial leasing and multi-unit sales. Precision handles many new construction projects as well throughout the city.

"This diversity is one of the advantages of doing business with Precision," Faddoul says.

People looking to get in touch with a Precision Realty agent can do so



CONTRIBUTED

by phoning 406-4445 or visiting its website, precisionrealtyns.ca.

Precision Realty is more accessible than ever and recently moved to 480 Parkland Dr. in Clayton Park from Bedford.

Precision Realty is currently serving as the real estate firm for a number of new construction projects, including St. Lawrence Place, a 13-storey condo building located on Joseph Howe Drive, three-storey townhouse condos in west-end Halifax, semi-detached homes on a new cul-de-sac in Eastern Passage, and a new project set to be announced in Enfield within the coming weeks.

HOUSE & HOME

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Fish delights with cabbage and pico de gallo and cream sauce — oh my!

Baja, the peninsula of Mexico located south of California, is famous for its fish tacos, which are gaining popularity around the globe. These lightly fried fish delights are layered with cabbage, cream sauce and pico de gallo salsa.

1. Mexican White Sauce: In a small bowl, combine mayonnaise, yogurt and lime juice. Cover and refrigerate for at least 2 hours or for up to 24 hours.

2. In a large bowl, combine tomatoes, green onions, jalapeños, serrano chiles, onion and cilantro. Add lime juice and mix. Transfer to airtight container and refrigerate, stirring occasionally for one hour or up to 24 hours. Add salt just to taste before serving.

3. Batter: In a large bowl, combine flour, beer and salt. Mix well to a thick consistency.

4. Tacos: Rinse fish and pat

dry with paper towel. Cut crosswise into 2.5-cm (1-inch) wide strips.

5. Fill a deep fryer or deep skillet with 2.5 cm (1 inch) of oil and heat to 180 C (350 F). Using tongs, dredge fish pieces in batter and gently place in oil. Deep-fry 4 pieces at a time, turning once, until golden brown, about 1 minute per side. Drain on paper towels. Discard any excess batter.

6. In a griddle or skillet over medium-high heat, heat each tortilla on each side until soft and pliable. Wrap in foil to keep warm until ready to use. To build tacos, divide fish equally among warm tortillas. Top with cabbage, Mexican white sauce and pico de gallo. Fold tortillas in half.

THE CANADIAN PRESS/RECIPE ON THIS PAGE APPEARS IN 200 EASY MEXICAN RECIPES: AUTHENTIC RECIPES FROM BURRITOS TO ENCHILADAS BY KELLEY CLEARY COFFEEN (ROBERT ROSE INC. 2013).

Ingredients

Mexican White Sauce

- 175 ml (3/4 cup) mayonnaise
- 125 ml (1/2 cup) plain yogurt
- Juice of 1 lime

Pico de gallo

- 4 tomatoes, seeded and diced
- 4 green onions, green parts only, minced
- 3 jalapeño peppers, 2 serrano chile peppers, seeded and minced
- 1 onion, finely chopped
- 2 tbsp minced cilantro
- Juice of 2 limes
- Kosher salt

Batter

- 250 ml (1 cup) all-purpose flour
- 175 ml (3/4 cup) light beer
- 5 ml (1 tsp) kosher salt

Tacos

- 750 g (1 1/2 lb) skinless cod or tilapia fillets
- Vegetable oil
- 8 flour tortillas
- 250 ml (1 cup) each shredded red and green cabbage

Fresh Baja Fish Tacos



This recipe serves eight. THE CANADIAN PRESS H/O

Cookbook of the Week

Mexican simplified



Using authentic Mexican recipes as her inspiration, Kelley Cleary Coffeen releases her book 200 Easy Mexican Recipes.

Made with ingredients easily found at local grocery stores, the dishes featured in the book are quick to make, easy to serve and affordable.

Among the aromatic and flavourful dishes found in the book are: Shrimp Ceviche, Green Chile and Chicken Tacos, Shredded Beef Chimichanga, Burrito Bowls, and Caramel Flan. METRO



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Dreamscape 2013

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"A year ago, I wasn't the same person I am now. My mom had passed away earlier that year, as well as one of my BEST FRIENDS. Living on the streets, to SHELTER. I was doing drugs just to get through the day. I thought that was 'it' because I felt so low that I felt nothing in the world could HELP ME." "I always knew that the staff wouldn't judge me for my present circumstances but would SEE ME AS A PERSON who was going through some really difficult situations. I could never say thank you enough so simply put, I thank you from the bottom of my HEART. You are all incredible at Phoenix."

"I have a SAFE PLACE. Food to eat, clean clothes, a wonderful partner, a three-year-old daughter, and a job. I'm living clean and sober and I am FREE."

"I have gained CONFIDENCE and from Phoenix. They have been my GUIDING LIGHT in my darkest hours and for that I am eternally GRATEFUL." "When I was eighteen years old I moved on to the Phoenix Supervised Apartment Program. The first thing I noticed was how quiet it was. It was only then that I realized it had been three years since home - MY HOME - alone. And it felt like I was in a great." "One of my FRIENDS mentioned to me to go check out this place, 'Phoenix Centre', and I'm telling you nothing in my whole life HELPED me as much as they did."

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Make your home warm and inviting

Friends, family, neighbours. Take the craziness out of unexpected visits with a little planning

In the warmth and sunshine of summer, Canadians open their doors, get outside and take full advantage of the barbecue season. It seems like every weekend is packed full

of visits with friends, families and neighbours.

In fact, it's often those unexpected visits that turn out to be the most fun, even if it causes a mad rush to tidy

the house and dig into the cupboards to pull together a meal everyone will enjoy.

Take the craziness out of unexpected visits with a little advanced planning.

It's called seasonal pantry loading and it helps families to be ready for whatever their summer has to offer. Rather than buying what you

need for a specific period of time, stock your pantry with those items that can easily be stored and help you provide a quick and tasty meal at a moment's notice.

For example, all-in-one serving kits are always good to have on hand — such as taco or salad kits. Have options ready so all you need

is to add your core fresh ingredient and you have a meal.

As Linda Woolsey, vice-president research and development from ET TU Salad Kits, explains, "You want to make any visit memorable, whether planned or not. The one thing we've learned is that guests always appreciate great food. Being prepared

with easy pantry items can help you focus on your guests, spend more time enjoying delicious meals and less time on stressing and cooking."

So next time you take a trip to the grocery store, consider those items that will help you be prepared any time, any day.

NEWS CANADA

VOTED BEST NEW PRODUCT



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Thyme-Rubbed Flank Steak with Balsamic Pearl Onions. NEWS CANADA

Recipe. Thyme-Rubbed Flank Steak with Balsamic Pearl Onions

According to a recent Grill-Watch survey, steak tops the list as the all time favourite food to grill, according to 44 per cent of respondents. This steak recipe from Weber's New Real Grilling cookbook is quick and easy to prepare and perfect for a weekday dinner.

1 In a large skillet combine the water, vinegar, honey, tomato paste, and bay leaf. Add the onions and bring to a simmer over medium-low heat. Cover and simmer for 10 minutes, stirring occasionally. Uncover the skillet and increase the heat to high. Boil until the liquid starts to thicken and is reduced to 4 to 5 tablespoons, about 5 minutes. Remove from the heat and stir in 1½ teaspoons of the thyme, 1 teaspoon of the salt, and ½ teaspoon of the pepper. The sauce will continue to thicken as it cools. If necessary, add water, 1 tablespoon at a time, to thin the mixture to your desired consistency.

2 Combine the remaining 2 teaspoons thyme, 1 teaspoon salt, and ½ teaspoon pepper. Brush the steak on both sides with the oil and season evenly with the spice mixture, pressing the spices into the meat. Allow the steak to stand at room temperature for 15 to 30 minutes

Ingredients

- ¾ cup water
- ½ cup balsamic vinegar
- 2 tbsp honey
- 1½ tsp tomato paste
- 1 large bay leaf
- 1 package (14 ounces) frozen pearl onions, thawed
- 3½ tsp finely chopped fresh thyme leaves, divided
- 2 tsp kosher salt, divided
- 1 tsp freshly ground black pepper, divided
- 1 flank steak, about 1½ pounds and ¾-inch thick
- 1 tbsp extra-virgin olive oil
- Fresh thyme sprigs (optional)

before grilling.

3 Prepare the grill for direct cooking over medium heat (350 to 450 F).

4 Grill the steak over direct medium heat, with the lid closed, until cooked to your desired doneness, 8 to 10 minutes for medium rare, turning once or twice. Remove from the grill and let rest for 3 to 5 minutes. Cut the steak across the grain into thin slices. Serve immediately with the onions and their sauce. Garnish with thyme, if using. Serves four. Prep time: 15 minutes. Grilling time: 8 to 10 minutes.

NEWS CANADA

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Moose legend gushes over team's Q title

Jody Shelley. The NHL tough guy has long since moved on but he's following the Mooseheads every step of the way



ANDREW RANKIN
andrew.rankin@metronews.ca

Jody Shelley learned one of his most important life lessons while fighting for a spot on the Halifax Mooseheads roster.

The moment can be traced back to when the NHL veteran of 12 seasons was just a spry 18-year-old attending the Herd's training camp.

A few days and fights in, he figured he'd embrace his offensive side at the expense of his physical game.

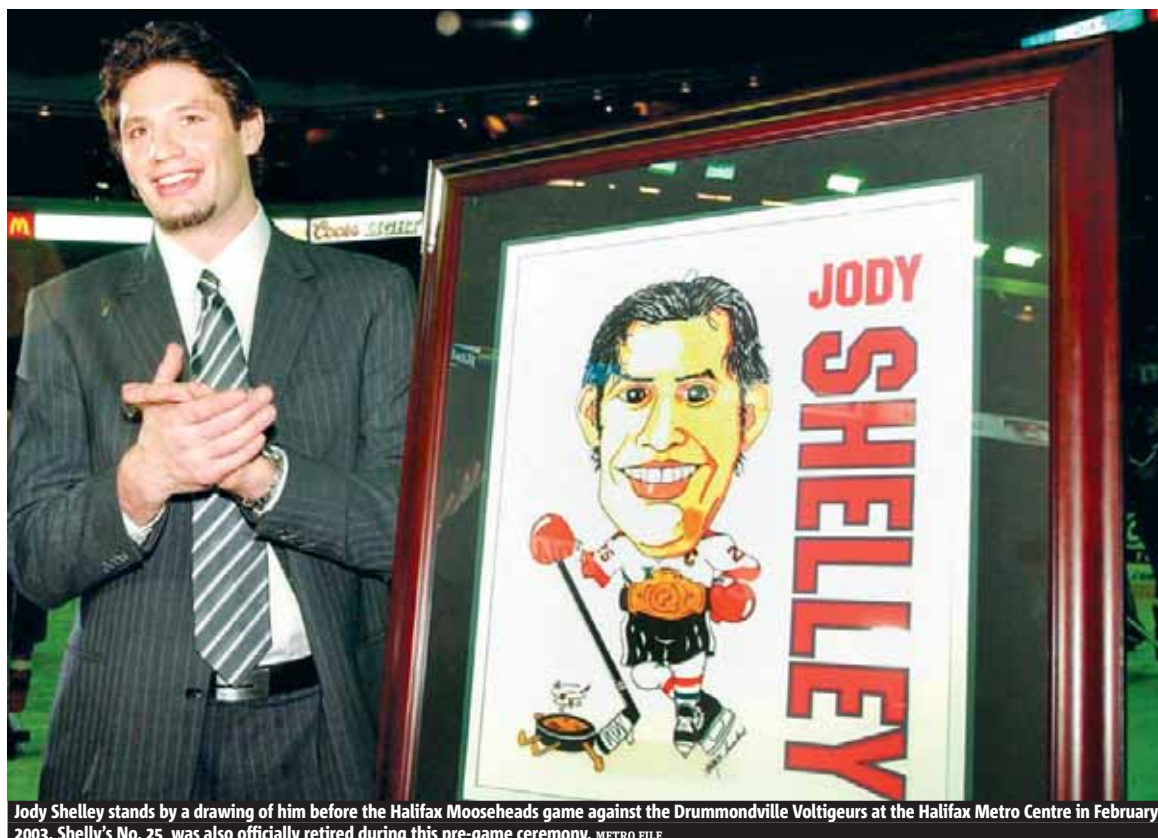
The assistant coach at the time, Shawn MacKenzie, noticed and promptly took him aside.

"He said, 'You're six-foot-two but if you want to play like you're five-foot-eight then we'll get a five-foot-eight in to play that way. If you want to stick around, play big,'" recalled Shelley.

That's just one reason why the legendary Moosehead, who's still the Herd's all-time leader in penalty minutes, remains forever indebted to the organization he played for from 1994-97.

"I learned right there never to be comfortable and never try to stop getting better because there are so many guys looking to take your job," said Shelley.

On Tuesday, Shelley — who was as much an NHL war-



Jody Shelley stands by a drawing of him before the Halifax Mooseheads game against the Drummondville Voltigeurs at the Halifax Metro Centre in February 2003. Shelly's No. 25 was also officially retired during this pre-game ceremony. METRO FILE

rior as any, racking up more than 1,500 penalty minutes in 627 regular-season games — spoke with a childlike zest and sincerity about the Herd's first QMJHL title.

"Being a Moosehead is such a big part of my life and to see them win it was so special for me," said Shelley, who in his career with the Herd never made it past the semifinals. "To see these guys accomplish more than I was able to and who knows what else, I'm just

Sin bin king

933

In his three seasons with the Herd, Shelley racked up a franchise record of 933 penalty minutes.

so excited for them, the organization and the city; it makes you pretty proud to be part of the Mooseheads family."

The all-time fan favourite's

jersey hangs from the Metro Centre rafters. He's since built his career on guts and selflessness.

"I am proud of being among not a very big group who have had the privilege of wearing that jersey and representing a city like Halifax."

In essence, he said, being with the Herd was a coming-of-age experience.

"People were asking for my autograph for the first time. You learn how to carry your-

self, be respectful and represent an organization."

And as the present Mooseheads push for junior hockey supremacy at the Memorial Cup, starting Saturday, his piece of advice to the players is simple.

"You just enjoy every last second of it, of being a Halifax Moosehead. Those players will have a very good basis for moving on in life. If they don't know that now, they certainly will soon enough."

Herd looking to finish the job at Memorial Cup

The Halifax Mooseheads spent the 2012-13 season believing that if they played up to their potential, the results would take care of themselves.

Now after a near-perfect showing in the playoffs, the Mooseheads are out to finish the job at the MasterCard Memorial Cup.

After going 16-1 in the QMJHL playoffs, the favourites from Halifax are primed to meet the best that the rest of

Quoted



"We have a will to win, attention to detail and are willing to take a challenge and really go through it as a group."

Dominique Ducharme

the country has to offer at the tournament which runs from May 17-26.

"That was obviously a

solid season and our guys were really good at taking every game as a challenge and always looking for the

next challenge," Mooseheads coach Dominique Ducharme said.

The Mooseheads are led by the dynamic duo of Jonathan Drouin and Nathan MacKinnon, who are both expected to be among the top picks at June's NHL draft.

What makes the Mooseheads' season even more impressive is how they continued to roll while Drouin (41 goals, 64 assists in 49 games)

and MacKinnon (32 goals, 43 assists in 44 games) were away during the world juniors.

"We have a solid group of guys and when (Nathan and Jonathan) were at the worlds we kept winning because we have good depth," said Ducharme, the QMJHL's coach of the year. "We have a will to win, attention to detail and are willing to take a challenge and really go through it as a group." THE CANADIAN PRESS

4 SPORTS

Hawks dump Wings in Round 2 opener

NHL playoffs. Goalie Howard given little support as Detroit drops eighth straight to Chicago dating back to last season

Johnny Oduya and Marcus Kruger scored in the third period, Corey Crawford made 20 saves and the Chicago Blackhawks beat the Detroit Red Wings 4-1 in the opener of their second-round playoff series Wednesday night.

Chicago dominated the

final two periods in its first game in the Western Conference semifinals since it won the Stanley Cup in 2010.

Marian Hossa scored the opening goal, and Patrick Sharp had an empty-netter and two assists to give him nine points in the playoffs.

Jimmy Howard finished with 38 stops in a terrific performance, but Detroit still lost to rival Chicago.

The series resumes on Saturday afternoon at the United Center.

The 75th all-time playoff game between the Blackhawks and Red Wings was tied 1-1 after two periods,

Game 1	
4	1
Blackhawks	Red Wings

and Howard made a great stop on a breakaway by Dave Bolland four and a half minutes into the third.

Chicago kept working and went in front to stay on a heady play by Oduya.

He drifted in from the point and sent Sharp's pass past Howard on the glove

side with 12 minutes left. Kruger then jumped on a loose puck and sent a backhander into the upper right corner to make it 3-1.

That was more than enough for Crawford.

The opener of the 16th playoff series between the Original Six teams was the first game for Chicago since it eliminated Minnesota last Thursday.

Detroit closed out Anaheim with a 3-2 win in Game 7 on Sunday night, taking the final two games of the series against the second-seeded Ducks.

THE ASSOCIATED PRESS



Blackhawks captain Jonathan Toews pushes aside the Red Wings' Pavel Datsyuk on Wednesday night in Chicago. The Blackhawks took the series opener 4-1. JONATHAN DANIEL/GETTY IMAGES

NBA playoffs

Heat rally to eliminate Bulls

Knowing his team needed him at his best, Dwyane Wade retreated to the Miami Heat locker-room after the third quarter for some quick treatment on his aching right knee.

When he came back, he was good as new.

And now he can rest until the Eastern Conference finals.

LeBron James scored 23 points, Wade added 18 and had a brilliant 45-second sequence that proved crucial, and the Heat clawed back from an 11-point second-half deficit to beat the Chicago Bulls 94-91 on Wednesday night and close out their second-round series in five games.

Wade had a blocked shot, defensive rebound, offensive rebound and putback slam — all in a late 45-second span — to help cap a wild night of wild comebacks. The Heat blew an early 18-point lead, then pulled off a late rally to finish off the depleted Bulls.

The Bulls were without Derrick Rose for the 99th straight game, as well as Kirk Hinrich (calf) and Luol Deng (illness).

THE ASSOCIATED PRESS

MLB. Blue Jays bats jump on Giants' porous defence

The Toronto Blue Jays have always known they had the potential to break out in a big way after struggling through the first five weeks of the season.

The bats have come alive over the last week and the Blue Jays are looking more and more like the team they were expected to be this year.

Adam Lind and J.P. Arencibia homered as the Blue Jays crushed the San Francisco Giants 11-3 on Wednesday to extend their winning streak to a season-high four games. Ramon Ortiz worked seven solid innings for the win as Toronto (17-24) hit the double-digit scoring plateau for the third straight game.

"Earlier in the year we were having a tough time scoring runs but like we've said before, there's a track record with the guys in this clubhouse," Arencibia said. "There's too many guys that have done a lot of good things offensively for a long time to have that happen for an extended period of time."

April was marked by a quiet Toronto offence, poor pitching and a freefall to the basement of the American League East. May has been more kind now that the bats are going and the quality starts are becoming



Edwin Encarnacion, top, and Jose Bautista round third base to score during the Jays' five-run first inning. TOM SZCZERBOWSKI/GETTY IMAGES

more frequent.

There is still plenty of work to be done and the Blue Jays remain stuck in the division basement. But the big names are starting to get the job done and it has fuelled a sense of optimism.

Manager John Gibbons changed his batting order last week in Boston and it has paid off with big results. Melky Cabrera, Jose Bautista and Edwin Encarnacion have all posted impressive numbers since forming a 1-2-3 punch at the top of the order.

THE CANADIAN PRESS

NHL PLAYOFFS CONFERENCE SEMIFINALS

(Best-of-7 series; All times Eastern)

EASTERN CONFERENCE

PITTSBURGH (1) VS. OTTAWA (7)

(Pittsburgh leads 1-0)

Tuesday's result

Pittsburgh 4 Ottawa 1

Friday's game

Ottawa at Pittsburgh, 7:30 p.m.

Sunday's game

Pittsburgh at Ottawa, 7:30 p.m.

BOSTON (4) VS. N.Y. RANGERS (6)

Thursday's game

NY Rangers at Boston, 7:30 p.m.

Sunday's game

NY Rangers at Boston, 3 p.m.

Tuesday, May 21

Boston at NY Rangers, 7:30 p.m.

WESTERN CONFERENCE

CHICAGO (1) VS. DETROIT (7)

(Chicago leads 1-0)

Wednesday's result

Chicago 4 Detroit 1

Saturday's game

Detroit at Chicago, 6 p.m.

Monday, May 20

Chicago at Detroit, 7:30 p.m.

LOS ANGELES (5) VS. SAN JOSE (6)

(Los Angeles leads 1-0)

Tuesday's result

Los Angeles 2 San Jose 0

Thursday's game

San Jose at Los Angeles, 10 p.m.

Saturday's game

Los Angeles at San Jose, 6 p.m.

SCORING LEADERS

	G	A	Pt
Krejci, Bos	5	8	13
Malkin, Phg	3	10	13
Iginla, Phg	2	8	10
Crosby, Phg	3	6	9
Brassard, NYR	2	7	9
Lucic, Bos	2	7	9
Dupuis, Phg	6	2	8
Pavelski, SJ	4	4	8
Couture, SJ	3	5	8
Zetterberg, Det	3	5	8

Not including last night's games

NBA PLAYOFFS CONFERENCE SEMIFINALS

(Best-of-7 series; All times Eastern)

EASTERN CONFERENCE

MIAMI (1) VS. CHICAGO (5)

(Miami wins 4-1)

Wednesday's result

Miami 94 Chicago 91

NEW YORK (2) VS. INDIANA (3)

(Indiana leads 3-1)

Tuesday's result

Indiana 93 New York 82

Thursday's game

Indiana at New York, 8 p.m.

WESTERN CONFERENCE

OKLAHOMA CITY (1) VS. MEMPHIS (5)

(Memphis leads 3-1)

Wednesday's result

Memphis at Oklahoma City

Friday's game

x-Oklahoma City at Memphis, 7 or 8 p.m.

SAN ANTONIO (2) VS. GOLDEN STATE (6)

(San Antonio leads 3-2)

Tuesday's result

San Antonio 109 Golden State 91

Thursday's game

San Antonio at Golden State, 10:30 p.m.

SOCCER

MLS

Wednesday's result

Los Angeles 4 Philadelphia 1

AMWAY CHAMPIONSHIP

CHAMPIONSHIP FINAL

Wednesday's result

First Leg

Vancouver 0 Montreal 0

UEFA

EUROPA LEAGUE

Wednesday's result

Benfica (Portugal) 1, Chelsea (England) 2 in Amsterdam

MLB AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	25	15	.625	—
Baltimore	23	17	.575	2
Boston	23	17	.575	2
Tampa Bay	20	19	.513	4½
Toronto	17	24	.415	8½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	22	16	.579	—
Cleveland	22	17	.564	½
Kansas City	19	17	.528	2
Minnesota	18	19	.486	3½
Chicago	17	21	.447	5

WEST DIVISION

	W	L	Pct	GB
Texas	26	14	.650	—
Oakland	20	22	.476	7
Seattle	19	21	.475	7
Los Angeles	15	24	.385	10½
Houston	11	30	.268	15½

Wednesday's results

San Diego 8 Baltimore 4
Houston 7 Detroit 5
Chicago White Sox 9 Minnesota 4
Texas 6 Oakland 2
Seattle 12 N.Y. Yankees 2
Toronto 11 San Francisco 3
Boston 9 Tampa Bay 2
Kansas City at L.A. Angels

Thursday's games

All times Eastern
Seattle (Harang 1-4) at N.Y. Yankees (Petitte 4-2), 7:05 p.m.
Boston (Doubont 3-1) at Tampa Bay (Cobb 4-2), 7:10 p.m.
Detroit (Verlander 4-3) at Texas (Darvish 6-1), 8:05 p.m.
Chicago White Sox (Quintana 2-1) at L.A. Angels (Williams 2-1), 10:05 p.m.

NATIONAL LEAGUE

Wednesday's results

Cleveland 10 Philadelphia 4
Arizona 5 Atlanta 3
Pittsburgh 3 Milwaukee 1
Cincinnati 4 Miami 0
Chicago Cubs 6 Colorado 3
St. Louis 4 N.Y. Mets 2
Washington at L.A. Dodgers.

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Horoscopes

Aries

March 21 - April 20

Is it OK to be ambitious? Is it OK to do better than others? Of course it is and anyone who says otherwise is not to be trusted. People are not all the same and, to be blunt, you're better than most.

Taurus

April 21 - May 21

After the events of the past few days, you may want to treat yourself gently over the next 24 hours. Give yourself time to unwind and assess the full implications of the changes that have been taking place.

Gemini

May 22 - June 21

You may not understand why a certain person acts the way they do but that is no reason to hold it against them. People have different personalities. You have several yourself.

Cancer

June 22 - July 23

You must not agree to anything if you don't know for certain what it is going to cost. Someone with a persuasive manner will make a risky venture sound like it's a sure thing. Don't be fooled.

Leo

July 24 - Aug. 23

When your instincts tell you one thing and friends tell you another, who do you trust? You trust your instincts, of course. Today's cosmic influences warn that people may not see things as clearly as you.

Virgo

Aug. 24 - Sept. 23

Not everything has a simple explanation and if you are smart you will dig to find out what has really been going on. Check both sides of the story.

Libra

Sept. 24 - Oct. 23

Someone you live or work with believes you owe them something. They also believe they can sit back and let you do the work. Make sure they know that isn't going to happen.

Scorpio

Oct. 24 - Nov. 22

Usually, if something feels good that's a sure sign that it is good. But today there is a real chance that what feels good could actually be bad for you. Whatever you do make sure it is done in moderation.

Sagittarius

Nov. 23 - Dec. 21

Don't believe everything you hear over the next 24 hours, not even if it comes from sources you know you can trust. Friends may not be trying to mislead you but they may have been misled themselves.

Capricorn

Dec. 22 - Jan. 20

The influence of Pluto in your sign makes you even more suspicious than usual. Having said that, perhaps it's a point in your favour that you insist on being shown hard evidence before you take action.

Aquarius

Jan. 21 - Feb. 19

Get out into the world and make things happen. The world is full of people who talk a good game, but very few who actually do something positive. Be one of the latter.

Pisces

Feb. 20 - March 20

If you have made a promise, you must keep it. If you try to wriggle out of it, your rep will suffer. You enjoyed short-term benefits, now pay long-term costs. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- ___ class (Misses the lecture)
- TV ___ (Watch shows on them)
- Toy dog's fave place
- Snip again
- 'Silver' suffix
- "___ ahead and try it already!" (Stop stalling, eat!)
- Angered
- Husk
- Dix - Deux = ?
- John Baird, Minister of ___
- Bed-and-Breakfast
- Mr. Richie, "Hello" singer
- Grateful ___
- "60 Minutes" network
- Forever, practically
- Time-saving abbr.
- Waaay far back
- Doofus
- That extra amount on a bill
- Ludicrous
- Kraft Singles, basically ...but only one: 2 wds.
- No ___, ands or buts.
- Poetic contraction
- Piercing place
- Big deals
- Take to be true
- Cleopatra's cobra
- Place of commerce in early Canada: acr. + 2 wds.
- U2's home
- Ancient Egypt: Son of

Ramses I

60. Once more

62. Jewish calendar month

63. Prude

64. Lead/tin alloy

65. "Losing My Religion" rockers

66. Labourer, in olde Anglo-Saxon times

67. Swamp plant

Down

1. Lanka's lead

2. Sawing cut

3. Flight-related UN Agency headquartered in Montreal [acronym]

4. Foul in odour

5. Jan ___ (Dutch painter)

6. Loot

7. Yield, such as profit

8. Tribulation

9. Smartphone owner's auto-taken pics

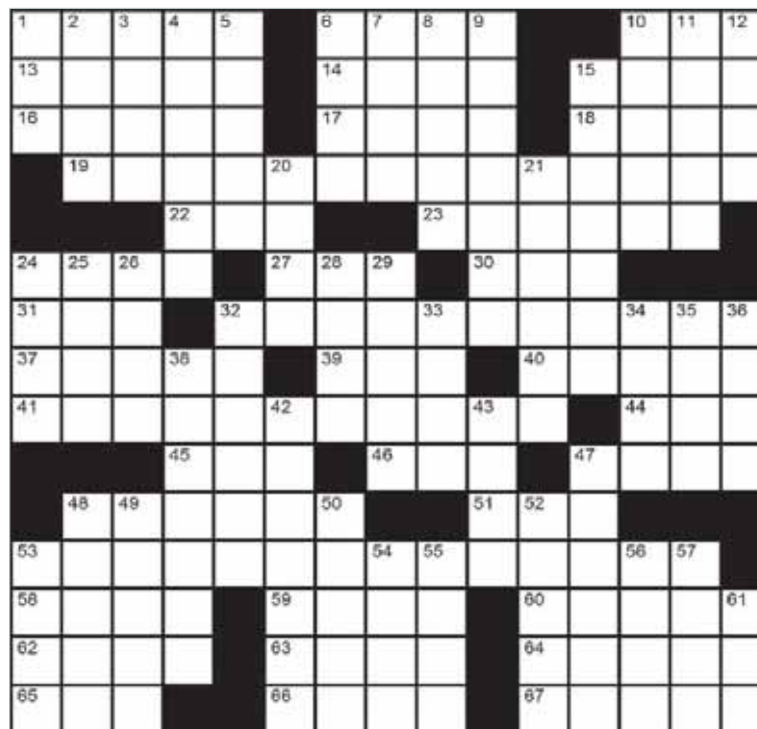
10. Stand-up comic Mr. Anderson

11. No Doubt hit: "Just ___"

12. ___ and pans

15. SNL alum Molly, star of "Superstar" (1999)

BY KELLY ANN BUCHANAN



- Price hike [abbr.]
- Soccer, to Brits [var. sp.]
- Son, e.g., on a family tree
- Retro toy, ___ A Sketch
- Pine-in-the-heart for
- Reckons
- Sedimentary rock
- Phony person
- Iris family plant with sword-like leaves
- Maraud
- Content or data, briefly
- Opening to 'pool' or 'pit'
- Actress, Leighton ___
- All+together: 2 wds.
- Rocky projection (Mountaineering challenge)
- Highest orbital point
- Put up with
- "Buzz off!"
- Utopias
- Tiffs
- Pick up on sound
- The Jacksons tune: "Blame ___ the Boogie": 2 wds.
- Evening, fun-style
- Partially eaten fish in a tin?
- Plucked guitar string sound
- Born, in bridal bios

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

6	9	8	7	4	2	1	3	5
2	3	1	9	8	5	6	7	4
5	4	7	6	1	3	9	8	2
1	6	3	5	2	7	8	4	9
4	2	9	1	3	8	7	5	6
7	8	5	4	6	9	2	1	3
3	1	6	8	9	4	5	2	7
9	7	2	3	5	1	4	6	8
8	5	4	2	7	6	3	9	1

8		2	1		5
	9			1	
2		4	9		6
3	5			6	1
7					8
4	2			3	9
5		1	3		7
	7			9	
9		6	7		4

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Friday

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Variable

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- No Charge Rear Seat Video Group

- 8.4" Touch Screen
- Sirius XM/Uconnect
- Rear Backup Camera
- Rear Seat Video Group
- And much more!

2013 Dodge Journey DVD Edition

2013 Dodge Dart SXT

- Sirius Radio
- 17" Aluminum Wheels
- 6 Speed Auto
- Power Windows
- Power Doors
- Air Conditioning
- Cruise Control

\$75** PER WEEK
TAX+FREIGHT INCLUDED



*Prices exclude Freight, Taxes + Fees. Vehicles not exactly as shown. Rebates to dealer OAC. ** Payment includes Freight, Taxes, and Fees.



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